

Monday

Fitness Room After School

Want to work out and get in shape this Fall?

Stay after school and workout in the fitness room on the cardio equipment and weights with Mr. Newton. Create your own program or he will create one for you. Some days we will have organized instruction and other days will just be free workouts...we will discuss on the first day. Bring your own appropriate CDs and we will listen to music as we work out. Come get in shape and have fun with Mr. Newton!

Instructor: Justin Newton

Location: JGMS Fitness Room

Meets on 10/21, 10/28, 11/4, 11/18, 11/25 & 12/2

2:30-3:30 pm

Fee: \$25

Tuesday

Babysitter Training

Learn and review the basics of indoor and outdoor safety and safe play for children. Focus will be on preventing and responding to emergencies, while learning healthy and appropriate babysitter behavior as well as how to develop and maintain your own babysitting business.

Curriculum: Super Sitters.

Instructor: Joanna Daley, JGMS Counselor

Location: LGI/C240

Meets on 11/5, 11/12, 11/19, 11/26, 12/3 & 12/10

2:30-3:30 pm

Fee: \$30 (Includes \$5 materials fee)

Girl Talk

High School Girls Mentoring Middle School Girls

Come hang out with us and talk about... whatever is on your mind! Enjoy the company of other girls while we talk about important subjects with you and have snacks! You and your friends will have tons of fun so come to our meetings!

Advisor: Wendy Tanahashi-Works

Location: JGMS Cafe

Meets on 10/22, 10/29, 11/5, 11/12, 11/19 & 11/26

2:40-3:40 pm

Fee: \$25

REGISTRATION FORM

Fall 2013 After School Program

*Please make check out to TOWN OF BEDFORD and mail to:
Jessica Wildfong , Bedford Youth and Family Services,
12 Mudge Way, Bedford, MA 01730.
Questions? Call Jessica Wildfong (781) 275-7727 ext 262
or e-mail jessicaw@bedfordma.gov

REFUNDS ONLY IF A CLASS IS CANCELLED DUE TO LOW ENROLLMENT.

WE WILL CONTACT YOU IF A CLASS IS FULL OR CANCELLED DUE TO LOW ENROLLMENT.

Name of Child: _____ Age: _____

Name of Parent/Guardian: _____

Phone number: _____

Address: _____

Email address: _____

Emergency contact name: _____

Emergency contact number: _____

Activity	Day	Fee

Total tuition included: _____

*** Your paid registration form secures your child a space if the class runs.**

How will child get home from after school program?

Allergies/anything else of importance:

I, the undersigned (parent/legal guardian) of the minor child registered above, do hereby consent to his/her participation in the Town of Bedford After School Program (the Program) run by Bedford Youth & Family Services in conjunction with John Glenn Middle School and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford and all its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the Program, wherever it occurs, which I may now or hereafter have as the parents of said minor, and also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Program. I understand that this release is required for my child to participate in the Program.

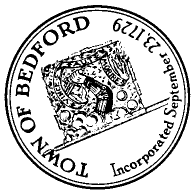
Parent/Guardian signature _____

Date _____

PLEASE REGISTER BY OCTOBER 16TH 2013

Bulk Rate
US Postage
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Bedford, MA
01730

Bedford Youth and Family Services
Town Center
12 Mudge Way
Bedford, MA 01730



Bedford Youth and Family Services
In partnership with
John Glenn Middle School
is Proud to Present the
Fall 2013

After School Program



**Most Programs begin the week of
October 21st
Deadline for Registration is
October 16th 2013**

**All offerings at JGMS
end in time for the late bus.**

**For more info call Jessica Wildfong at
Youth and Family Services
(781) 275-7727 ext. 262
or e-mail
jessicaw@bedfordma.gov**